

June 2016 • Volume 10, Issue 6

# RANCH RECORD

News for the Residents of Blackhorse Ranch



## Cypress Woods Key Club Awarded Seventh out of Texas and Oklahoma Clubs

*By Jordan Miller*

On April 21, Cypress Woods Key Club embarked through the floods on a four-hour journey to Dallas, Texas where the 67th annual Texas-Oklahoma Key Club District Convention (or DCON) was held. The convention is held in order to recognize the Key Clubs throughout Texas and Oklahoma that went above and beyond in service projects, amount of hours, or any other unique way they promoted service. The club was recognized as #7 out of all Texas and Oklahoma Key Clubs while also receiving two senior scholarships for Secretary Sharon Zhou and Historian Gina Zhang. Cypress Woods Key Club President- junior Leia George- received the position of Treasurer on the Texas-Oklahoma District Board, which will require her to connect with all Key Club treasurers throughout the Texas-Oklahoma district while also attending board meetings in Dallas a twice a year.

The recognition of the club as seventh overall at DCON did not come easy according to Cypress Woods Key Club Secretary junior Ashley Kawakubo.

“This past year Cy Woods Key Club has worked very hard in completing hours, turning in reports on-time and has truly experienced the meaning of volunteering,” Kawakubo said. “Our outstanding officer team and members have allowed our Key Club to succeed in becoming number seven in the district.”

Current President Anushua Mantrala agrees with Kawakubo and believes the main reason for the club’s success came from the extensive planning that went into their activities.

“Our Key Club really tried to do as many events as possible,” Mantrala said. “We would plan activities with our Builders Club (which is our Middle School Branch), plan service projects to do in the meetings, plan socials with the other Key Clubs in the area,

and so much more. We really tried to be as involved as we could and as active in service in the community.”

Immediate past Secretary Sharon Zhou played a crucial role in getting the club to be seventh out of all of Texas and Oklahoma and received the \$1000 William & Ann Gay Bishop scholarship for her hard work.

“As Secretary, one of the things I personally did was try and make sure we got the maximum amount of points per month via [our] monthly report,” Zhou said. “This year, we also had a much larger number of interclubs and socials, which is something that we improved upon from previous years. Even something as insignificant as having more officer meetings per month, or reminding members to show up to their events and get their hours forms signed helped in tiny ways to help improve the club as a whole.”

When the names of clubs were being called out starting with the rank of 25 at the final convention ceremony Mantrala felt adrenaline rush through her- she was sure of the club’s top 25 ranking, but did not know what ranking they would receive beyond that.

“Whenever the countdown was in the single digits, I was getting more and more excited because that meant we placed high,” Mantrala said. “When they announced us as seventh I was so thrilled because I knew how hard our officers worked to make the year successful. It was so touching to see some of us in tears of joy because it really showed me how if you have a deep passion in something, you’re going to try your hardest to make the biggest impact and to succeed- which is what our club did.”

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# FALL FESTIVAL

**VENDOR OPPORTUNITY**  
**SUNDAY, OCTOBER 30, 2016**  
**SAINT AIDANS EPISCOPAL CHURCH**

**Vendor Opportunity** - Saint Aidan's Episcopal Church ACE Committee announces our Fall Holiday Market to be held Sunday, October, 30th from 10am – 5pm. Saint Aidan's is located at 13131 Fry Road just South of 290. We are looking for a variety of vendors and expanding this year to include food trucks. Great highly visible outdoor space with Fall Festival activities including Blessing of Animals, Trunk N Treat, live music, silent auction and more. For additional information, and Booth Reservation form contact us at 281.373.3203 or email [fallfest@aidanschurch.org](mailto:fallfest@aidanschurch.org).



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**Cypress Woods FFA  
7<sup>th</sup> Annual  
Fall Craft Market  
October 29th & 30th, 2016**

**Saturday, October 29th from 9am-5pm**

**Sunday, October 30th from 10am-4pm**

**CFISD Telge Exhibit Center (Telge & Hwy 290) Cypress, TX**

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**For more information contact:**

**cywoodsffa@gmail.com**

**or**

**Check out our Website at**

**Cywoodsffa.org**



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## CYFEN

### Pursuing your dreams and not giving up

#### Luncheon Details

Thursday, June 23, 2016

Networking 11 a.m.; Luncheon begins at 11:30 a.m.  
Sterling Country Club, 16500 Houston National Blvd.,  
Houston, TX 77095

Costs \$25 with advanced reservations; \$30 at the door

At the June 23 Cy-Fair Express Network Luncheon join us for an encouraging and motivational meeting with our speaker, Donna Edge. She will share her story of she and her husband going from government help and \$50K of credit card debt, to making their dream of working together and owning a successful business become a reality.

You will surely be encouraged to pursue your dreams and to not give up when obstacles are thrown in your path.

This month's CYFEN meeting begins with networking at 11 a.m. followed with a prompt 11:30 a.m. start of the program. Luncheons are held at the Sterling Country Club, 16500 Houston National Blvd.

#### ABOUT CY-FAIR EXPRESS NETWORK (CYFEN)

Now over 50 members strong, Cy-Fair Express Network's vision is to be a community and national leader for the support of professional women by providing a nurturing environment for business development, networking, education and mentoring. Our members have opportunities to pursue excellence and achieve both local and national recognition. CYFEN is part of the national organization of American Business Women's Association (ABWA), for more information go to [www.CYFEN.org](http://www.CYFEN.org).

#### ABOUT AMERICAN BUSINESS WOMEN'S ASSOCIATION (ABWA)

Founded in 1949, ABWA provides business training and networking opportunities for women of diverse occupations and backgrounds. ABWA has dedicated 60 years to women's education, workplace skills and career development training. For more information, visit, [www.abwa.org](http://www.abwa.org).

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## CYPRESS AREA FOOD PANTRY

### *Times And Services*

Do you know of someone who has trouble putting food on the table? Maybe their employment was suddenly terminated; maybe it's a choice between medications or food; for whatever reason a family can find themselves in a situation where they need a little help.

Fountain of Life Church of God on Mueschke Road runs a food pantry on Mondays from 3:30 pm to 6:00 pm and the only requirement is that the client should live in zip code 77433 and west of Skinner 77429. For more information, contact 281-373-9337. Food donations and volunteers also greatly appreciated.

Computerized job search and resume preparation and printing are also available.

## How to Talk To Your Children When Disaster Strikes

In my role as executive director at Shield-Bearer Counseling Centers, I am frequently asked by parents or teachers how to help children when they or their community experiences a disaster.

Every child reacts differently to loss. Younger children handle the news differently than older children. A child's personality and values influence their reaction. Parents and teachers may notice children displaying a greater amount of energy following a disaster. Energy released by their body's natural response when safety is threatened will find its way into more irritability, fidgeting and inability to focus on tasks at hand.

But there are some things individuals who are raising or working with children can do.

#### **Model calmness.**

Children will look to parents and other adults to cue their interpretation and reaction to the disaster. When children see the adults around them remaining calm, they will be more easily reassured of their own safety.

#### **Help them talk.**

Parents frequently have difficulty discussing such horrible tragedies with their children. As with other times of loss, they do not know exactly what to say. Being available to listen to what children want to say will likely be more helpful than putting together a lecture. Encourage children to express how they feel when they are ready to discuss it.

#### **Honestly answer questions.**

When children do not know the answers, they will ask questions. Parents who patiently attempt to answer tough questions will see their children move through the pain of the tragic event. If you don't know the answers, tell them so. Reassuring them of their present safety will help them learn to overcome fears that they might be struggling with.

#### **Limit access to disaster news.**

Monitoring your children's access to news reports of the disaster will help reduce the possibility of nightmares. When a child watches news

programs about a disaster, parents should be present to discuss the contents of reports.

#### **Keep them busy.**

One of the most important things that a parent can do to help their children work through a disaster is to maintain the routine and structure of their children's lives. Keep appointments. Carry on with chores and responsibilities. Meet obligations.

#### **Help them help.**

Every person touched by a disaster is motivated to help in some way. The negative emotions of fear, sorrow and anger can be channeled into acts of kindness. Having a child gather items for disaster victims, write a thank-you note to the first responders or draw a picture for someone intimately involved will help them feel they are making a difference. These actions can help them regain a sense of control over their situation.

Remember that each child is an individual. What helps one child might not help another. If there are significant changes in behavior, mood, or sleeping patterns, it is important to make a visit to a physician or professional counselor to assess what professional help might be available.

#### **Above all else, let them know they are loved.**

Roy Wooten is the Executive Director of Shield-Bearer Counseling Centers, a 501c3 nonprofit charity with offices in NW Houston, Tomball, and Cy Fair. Shield-Bearer is "fighting for hearts" on the front lines of healthy relationships. Learn how you can join us in the fight at [www.ShieldBearer.org](http://www.ShieldBearer.org).



— Jeanna Stone, Krista Stoutner, Chris Nolan, Tiffany Nolan, Jennifer Bimeler —



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## JUNE MEETING

The Cypress-Tomball Democrats monthly meeting for the month of June will be held on Tuesday, June 21st 2016, at Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429, from 6:30 p.m. to 8:00 p.m. Mr. Keir Murray, Founder/ Principal of KLM Consulting will be our Guest Speaker, and he would be speaking on the "Re-cap of Primary Election-Prognosis for the Future.

Everybody is welcome to attend the meeting and to join this growing club, which meets on the third Tuesday of every month. The meetings foster great fellowship and feature informative guest speakers. For further information, visit the website [www.cytomdems.com](http://www.cytomdems.com); contact Cris Hernandez at [cytomdems@yahoo.com](mailto:cytomdems@yahoo.com); Follow us on Facebook at Cypress- Tomball Democrats.

## Congratulations Rosehill Golf

Congratulations to the Varsity Golf team! They got 4th place in Regionals at Lakeside Golf Course in Canyon Lake, TX and will advance to State Tournament at Cottonwood Golf Course in Waco on May 2nd.



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